



A Foot Care Guide for DIABETICS

Do's

- Inspect the feet daily for blisters, cuts and scratches. The use of a mirror can aid in viewing the bottom of the feet. Always check between the toes.
- Wash feet daily. Dry carefully, especially between the toes.
- Avoid extremes of temperatures. Test water with hand or elbow before bathing.
- If feet feel cold at night, wear socks. Do not apply hot water bottles or heating pads. Do not soak feet in hot water.
- Inspect the inside of shoes daily for foreign objects nail points, torn linings and rough areas.
- If your vision is impaired, have a family member inspect feet daily, trim nails and buff down calluses.
- For dry feet, use a very thin coat of lubricating oil such as baby oil or Urecrea cream (available from your Podiatrist). Apply this after bathing and drying the feet. Do not put the oil or cream between the toes. Consult your Podiatrist for detailed instructions.
- Wear properly fitting stockings. Do not wear mended stockings. Avoid stockings with seams. Change stockings daily.
- Shoes should be comfortable at the time of purchase. Do not depend on them to stretch out. Shoes should be made of leather. Running shoes may be worn after checking with your Podiatrist.
- In winter take special precautions. Wear wool socks and protective footwear, such as fleece – lined boots.

- Cut nails straight across.
- Avoid crossing your legs, this can cause pressure on the nerves and blood vessels.
- See your Podiatrist or Physician regularly and be sure that your feet are examined at each visit.
- Notify your Podiatrist or Physician at once, should you develop a blister or sore on your feet.
- Be sure to inform your Podiatrist that you are a Diabetic.

Don'ts

- Do not smoke
- Do not walk on hot surfaces such as sandy beaches or the cement around swimming pools.
- Do not walk barefooted
- Do not use chemical agents for the removal of corns and calluses.
- Do not use corn plasters.
- Do not use strong antiseptic solutions on your feet.
- Do not use adhesive tape on the feet.
- Do not soak feet.
- Do not wear garters.
- Do not wear shoes without stockings
- Do not wear sandals with thongs between the toes.
- Do not cut corns and calluses.

Follow special instructions from your Podiatrist or Physician

Remember to inform every doctor you visit that you are a diabetic.

"Your Sole Providers"